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features

5 **For Barb**
John Taylor

6 **Climate crisis also an opportunity**
Peter G. Prontzos

7 **Greta Thunberg's address to the UN**

10 **Connecting through dreams**
Bei Linda Tang

20 **Specious monikers & famous fossils**
Geoff Olson

21 **A turning point**
Elizabeth May

photo by Stephen Samuel

It's coming home to roost over the next 50 years or so. It's not just climate change; it's sheer space, places to grow food for this enormous horde. Either we limit our population growth or the natural world will do it for us, and the natural world is doing it for us right now.
– David Attenborough

I've won some awards. 'Time' magazine designated me as one of the environmental heroes of the 20th century. Oh, and I've got some honorary citizenships, like from the Conch Republic of the Florida Keys. But the one thing I am proud of is I didn't get the Chevron environmental award. Never did get that one.
– Paul Watson

in every issue

CULTURE

8 Thanks for the dance, Leonard
MUSIC RISING
Bruce Mason

21 Push for affordable telecom this election
INDEPENDENT MEDIA
Rodrigo Samayoa

ENVIRONMENT

9 Let the children vote?
SCIENCE MATTERS
David Suzuki

HEALTH

19 Aging in great health
NUTRISPEAK
Vesanto Melina

PSYCHOLOGY

15 Is it a feeling or an opinion?
UNIVERSE WITHIN
Gwen Randall-Young

17 RESOURCE DIRECTORY

22 EVENTS

23 CLASSIFIED

TLC The Land Conservancy
BRITISH COLUMBIA'S "NATIONAL TRUST"

HANS

ethics in action awards

CMCA AUDITED

For Barb

by John Taylor (her spouse)

photo by Ron Lisney

Since Barb's passing in the Hospice up at UBC, of pancreatic cancer, I have received so many cards and letters of support for me and expressions of love for Barb. She was an amazing person that affected many people with her kindness and generous spirit. She affected me deeply. We were very close, feeling so close as to be part of each other sharing the same thoughts, beliefs, and passions in life. We were of one mind about social and environmental justice, religion and politics. We spoke with the same position on most issues.

So how did we get together? About 50 years ago, we met at the university of Montreal, both learning French. She was there as an independent student fresh out of high school from Winchester, Virginia. I was a lucky recipient of a federal government program to send idle students to the French or English language university of our choice in Canada to learn the other official language. It was a solution by the federal government to head off possible riots in the city streets such as was happening across the border in the States. "Detroit is Burning" was one such headline. I immediately applied at the local Canada Manpower office in Halifax after learning it provided $50 a week stipend, free tuition and all expenses paid. Just get there! Next day I was out on the highway from Halifax hitchhiking to Montreal. Barb, coming from the US had to pay for the program. She was coming to seriously improve her French language skills in preparation for studying at American University in Washington, DC in Sept. She planned on majoring in International Studies but later switched to English literature with a minor in French after learning that most women graduates of International Studies ended up as typists in overseas embassies. She wanted none of that!

Montreal was a wonderful city. It was much more exciting than the small towns we were both brought up in. The classes were fun and trips around the province of Quebec were organized. Barb came to my attention when she took the initiative to organize an evening excursion to the top of Mount Royal, near the university campus to observe the ceremony of visiting the Stations of the Cross. It was part of the Quebec culture and Barb believe we would gain more understanding of what we were studying by observing this. We all agreed and joined her. About halfway through the ceremony, Barb developed an itchy throat and stood off to the side to clear it. I thought it ironic that this little Jewish teenager who had organized this adventure for the Anglo-Canadian protestants was looking like the only one emotionally affected by the ceremony. I couldn't resist and went over to comfort her. It was the beginning of a long relationship. I ended all my other relationships with the many women in the class. This was one of those Summers of Love that characterized the 60's and 70's among young people. Certainly more fun than making war! We corresponded for the next 4 years while she studied at univer- *continued p.23…*

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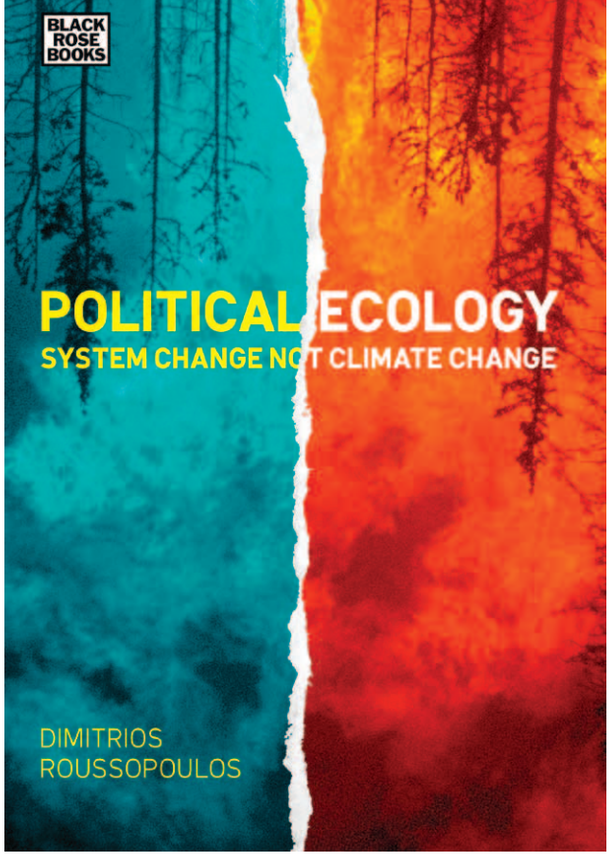
Climate crisis also an opportunity

by Peter G. Prontzos



Political Ecology: System Change Not Climate Change
Dimitrios Roussopoulos
Black Rose Books, 2019

When more than 97 percent of meteorologists, the federal Conservative party, and even KLM Airlines agree that humans are heating up our atmosphere and oceans to disastrous levels, that's a climate crisis, not merely climate "change".

However, when we hear about the terrible consequences of our growth-at-any-cost economy, many of us just tune out. After all, it's no fun to contemplate a frightening future with more forest fires, tropical storms, food and water shortages, climate refugees, and disease.

And war. The Pentagon understands that such hardship will fuel more conflict and bloodshed. So for two decades it has been making plans to ensure that the U.S. will always come out on top of any future climate wars.

On the other hand, there are reasons to hope that if enough people take this threat seriously, we will not only survive the crisis with minimal suffering, but actually create a more peaceful, sustainable global system, while eliminating global poverty.

This is the positive vision that permeates, *Political Ecology: System Change Not Climate Change*, by Montreal's Dimitrios Roussopoulos. Fifty years ago, Roussopoulos founded Black Rose Books, and has since published such writers as Noam Chomsky, Murray Bookchin, and George Woodcock. In Roussopoulos' view, "the climate catastrophe is an epic war of the rich on the poor; corporate criminality on a global scale. Just one hundred corporations are responsible for 71 percent of emissions."

While the destruction of nature increases, and shortages of food and clean water become undeniable, corporate priorities that place profit above people are also increasing global inequality, debt and stress levels – and not just in poor countries. In the words of Thoreau, more and more Canadians are leading "lives of quiet desperation".

While time is running out, the truth is that humanity already has enough technology, wealth, and knowledge to save itself. A clear example of what can be done when faced with an existential crisis was the quick turn-around in the U.S. economy when it entered the Second World War. Not only did industry move from making washing machines to tanks and battleships in a matter of months, but the Depression ended almost overnight as the demand for workers virtually eliminated unemployment. The growing demand in North America and Europe for a "Green New Deal" references this successful re-orientation.

Roussopoulos does not believe that governments will somehow finally "get it" and do the right thing. Rather, he puts his hope on "building the force of a grass roots people-power movement" that will not only pressure those in power, but will help create a more directly democratic system – one that will "re-envision society and our relationship with nature" in a healthier way.

To realize this vision, it is imperative that citizens focus primarily at the local level to "create a network of democratic, ecological city governments, and reorganize regional economies" in a sustainable manner. Hopeful examples of this are the actions of U.S. cities and states such as California which are defying the federal government by investing heavily in green jobs and renewable energy, as well as bringing in stricter laws to reduce pollution. (Note: a recent study found that the hearts of city dwellers – as young as 3 years old – already "contain billions of toxic air pollution particles" that can lead to heart disease, brain damage and other health problems).

Roussopoulos ultimately focuses on the power of cities to lead the way in creating a more democratic and sustainable future. "The world's cities…produce 80 percent of GDP. A preponderance of taxes come from cities. Their power is enormous. And people power, when concentrated, is formidable," he explains.

Roussopoulos ultimately focuses on the power of cities to lead the way in creating a more democratic and sustainable future.

He stresses that cities will succeed only if they indeed become more democratic and ecological while building alliances with each other. Ultimately, "the ecological crisis demands urgent systemic change, which is to say challenging and transcending a profit-centric economic system based on ruthless competition and growth for its own sake."

"Growth for its own sake" is of course the nature of cancer which, left untreated, will destroy its host. Or, as ecologist William Rees explains, "you can't have infinite growth on a finite planet."

In *Political Ecology*, Roussopoulos gives us a roadmap – not only for surviving today's multiple crises but for creating a better world at the same time.

Peter G. Prontzos is Professor Emeritus of Political Science and Interdisciplinary Studies at Langara College in Vancouver.

Climate strikers gather near Vancouver City Hall. Ishi Roberts Dinim photo

Greta Thunberg's address to the UN

Right here, right now is where we draw the line. The world is waking up. And change is coming, whether you like it or not.

This is all wrong. I shouldn't be standing here. I should be back in school on the other side of the ocean. Yet you all come to me for hope? How dare you!

You have stolen my dreams and my childhood with your empty words. And yet I'm one of the lucky ones. People are suffering. People are dying. Entire ecosystems are collapsing.

We are in the beginning of a mass extinction. And all you can talk about is money and fairytales of eternal economic growth. How dare you!

For more than 30 years the science has been crystal clear. How dare you continue to look away, and come here saying that you are doing enough, when the politics and solutions needed are still nowhere in sight.

With today's emissions levels, our remaining CO_2 budget will be gone in less than 8.5 years

You say you "hear" us and that you understand the urgency. But no matter how sad and angry I am, I don't want to believe that. Because if you fully understood the situation and still kept on failing to act, then you would be evil. And I refuse to believe that.

The popular idea of cutting our emissions in half in 10 years only gives us a 50 per cent chance of staying below 1.5C degrees, and the risk of setting off irreversible chain reactions beyond human control.

Maybe 50 per cent is acceptable to you. But those numbers don't include tipping points, most feedback loops, additional warming hidden by toxic air pollution or the aspects of justice and equity.

They also rely on my and my children's generation sucking hundreds of billions of tonnes of your CO_2 out of the air with technologies that barely exist. So a 50 per cent risk is simply not acceptable to us - we who have to live with the consequences.

To have a 67 per cent chance of staying below a 1.5°C global temperature rise – the best odds given by the Intergovernmental Panel on Climate Change – the world had 420 gigatonnes of carbon dioxide left to emit back on 1 January 2018. Today that figure is already down to less than 350 gigatonnes.

How dare you pretend that this can be solved with business-as-usual and some technical solutions. With today's emissions levels, that remaining CO_2 budget will be entirely gone in less than eight and a half years.

There will not be any solutions or plans presented in line with these figures today. Because these numbers are too uncomfortable. And you are still not mature enough to tell it like it is.

You are failing us. But the young people are starting to understand your betrayal. The eyes of all future generations are upon you. And if you choose to fail us I say we will never forgive you. We will not let you get away with this. Right here, right now is where we draw the line. The world is waking up. And change is coming, whether you like it or not.

Born in Stockholm in 2003, **Greta Thunberg** is a Swedish activist known for her unvarnished, clear-eyed assessment of the climate crisis. She first heard about climate change in 2011, when she was eight years old. At a TEDX talk in 2018, she noted that "we can't change the world by playing by the rules, because the rules have to be changed." In June 2019, Amnesty International honoured Thurnberg with the Ambassador of Conscience Award, its most prestigious human rights award. View a video of her UN speech at https://bit.ly/2mJth7n

Thanks for the dance, Leonard

In response to a Leonard Cohen tribute/obituary ("A triumphant soundtrack for our times," December, 2016) an anonymous Common Ground reader, wrote:

"the Donald arrives
nothing there
Leonard leaves
he's still here." (see: bit.ly/2mjEA68)

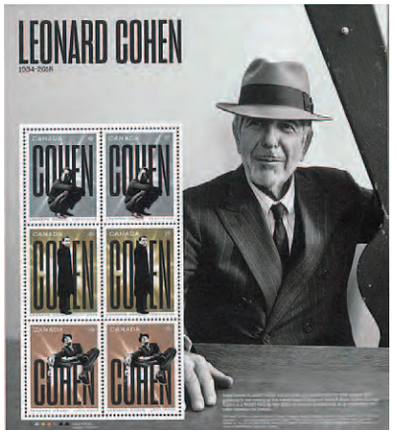
There is even more truth in that thought today, as the world plunges headlong into a dark pit of too much information and too little wisdom. Cohen's global appeal endures, even flourishes; not only does his rich legacy live on, but his remarkable body of work continues to grow three years after his passing: the ongoing, record-breaking international tour of the multimedia exhibition *Leonard Cohen: A Crack in Everything*; the popularity of the documentary *Marianne & Leonard: Words of Love*; the acclaimed posthumous collection of poems *The Flame*; and the last-gasp beauty of what had been hailed as his finest and final album, *You Want It Darker*. To say nothing of the four million commemorative stamps just issued by Canada Post.

Now add a new album of previously unheard songs. The unanticipated *Thanks for the Dance* (to be released in November) is being described as "an unexpected harvest" and "a continuation of the master's work."

Shortly before his death in November, 2016, at age 82, Cohen had expressed doubt that he would be able to finish unreleased song sketches, "find a second wind" as he put it. Instead, he asked his son Adam to complete the work.

After burying his father in an unadorned pine box in a family plot in home-town Montreal, his son had said: "I'm thinking of my father's unique blend of self-deprecation and dignity, his approachable elegance, his charisma without audacity, his old-world gentlemanliness and the hand-forged tower of his work."

Seven months later, Cohen Jr. began working on the material alone in a garage near his father's old house, later inviting other contributors to be part of the process. These include: former Cohen collaborators Jennifer Warnes; Michael Chaves, and Javier Mas, from his tour band; indie music stars, including Beck, Bryce Dessner of the National, Richard Reed Parry of Arcade Fire, Damien Rice and Leslie Feist; composer Dustin O'Halloran; producers Daniel Lanois and Patrick Watson; the Stargaze orchestra; and two choirs, Cantus Domus and the Shaar Hashomayim.



Canada Post's limited edition framed pane of six stamps honoring Leonard Cohen. It was released on September 21, 2019, the 85th anniversary of his birth.

"In composing and arranging the music for his words we chose his most characteristic musical signatures, in this way keeping him with us," said Adam Cohen. "What moves me most about the album is the startled response of those who have heard it. 'Leonard lives!' they say, one after the other."

In his beloved canon of musical meditations, Leonard Cohen asked the "big questions", the real ones worth asking about love and faith and purpose, sharing wisdom and some answers, patiently engaging us in conversation as we struggled to follow the pace of his evocations.

Twenty-five years ago, his song, *The Future*, prophesied, "And now the wheels of heaven stop. You feel the devil's riding crop. Get ready for the future: it is murder." There is a trailer for *Thanks for the Dance*, a one-minute track, "The Goal. " (see bit.ly/2mYoCPr) "I can't leave my house, Or answer the phone/ I'm going down again/ But I'm not alone," Cohen intones our commonplace predicament before confronting his mortality: "Settling at last, Accounts of the soul, This for the trash, That paid in full."

Adam Cohen reports: "It's a bizarre and delicious entanglement. To make a long story short, I believe that there are some really beautiful new songs of Leonard Cohen that no one's heard…these songs that exist that he wanted finished, these incredible powerful readings that were set to music. It's going to surprise and delight."

Like me, you may want to pre-order *Thanks for the Dance*. No matter the outcome of elections, impeachments, entrances and Brexits, marches that escalate, elites and their minions that erase life on the planet, you will have something to look forward to and help make it all more bearable.

Bruce Mason is a Vancouver and Gabriola-Island based five-string banjo player, gardener, freelance writer and author of *Our Clinic*.

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Connecting through dreams

by Bei Linda Tang

The author with her family.

Dreams offer glimpses into our inner worlds, and reflect our deepest feelings, emotions, and desires. While it's empowering to gain personal insight and take control of our own mental health through dream interpretation, in my view, the most significant benefit of dreams is connecting deeply with others. It's the key to real happiness and peace. To initiate a conversation about dreams is an act of showing real interest, understanding, and trust. When you do this, you will be rewarded with deep, spiritual connections and true happiness.

In my home, we have a short ritual in the morning. At breakfast time, we ask the children if they slept well and had had any dreams. This only takes a minute or two, but it is a great way for them to start each day knowing they are loved and cared for. When there are dreams to talk about, we'll listen to what they have to say – either then or later in the day when there is more time.

Dreams are fun to talk about. Their contents are often unexpected, and they stretch our imagination. My kids have dreamed of robbing banks, talking to animals, and hiding from wasps in a creek. They know our dreams too. I am always surprised by couples who have been together for a long time but don't know about each other's dreams. I can't help but wonder, if you don't know your loved ones' dreams, do you really know them?

The knowledge of someone else's dreams equates to real understanding and intimacy. When my husband or one of our children is in a bad mood, I can always cheer them up by mentioning something from their dreams.

Interpersonal communication in today's world is extremely challenging because everyone is so busy and distracted. As soon as new technologies become available that free up some time, we always manage to fill our schedule quickly with some other to-dos. How do you stay closely connected with someone while you live through different experiences?

When I pick up my kids after school, I'd always ask, "how was your day?" and "what did you do today?" The answer is always "good" and "nothing". With the short amount of time we have to talk to loved ones, how do you get to the really important stuff? Dreams are a condensed form of what matters deeply. If you care about someone but don't have much time to communicate with them, you absolutely need to cut to the chase and ask about their dreams. You will be surprised at the depth of information it can reveal in an instant.

Parents provide the upbringing that shape our consciousness from the beginning of our lives to the paths we take early on. We learn from everything we experience, positive or negative. Our personalities are formed mainly based on what we have experienced in childhood and youth. When we are hurt in one way or another, we develop coping mechanisms, swallow the deep emotional pain, and harden our shells. This protects us from the outside but also prevents us from connecting with our true self and others.

To make decisions that will lead us to happiness, it is necessary to reach into the hardened outer shell and understand what caused it to be there. Dreams reveal what goes on internally at a deep level. They are honest, relevant, timely, and irrefutable. This is true for each person. If you understand the personal relevance and importance of your dreams, you can appreciate the relevance and importance of others' dreams. By sharing dreams with others, you open yourself to deep, meaningful communication with them. This will transform your relationships and bring true happiness.

Bei Linda Tang is a mother, wife, owner/creative director of Dream Designs (dreamdesigns.ca), and author of *Navigate Life with Dreams: A Guide to Happiness and Peace by Working with Your Own Dreams.*

EVENT

Nov 2, 2019, Kay Meek Theatre, West Vancouver. Bei Linda Tang hosts Dream Salon, a symposium to explore the science and psychology of dreams. For more info: www.dreamdesigns.ca/pages/dream-salon-38 604-254-7030

Let the children vote?

Young people have been speaking out for their rights. Many are wise beyond their years. Without the blinkers of ideology, work-a-day priorities and ingrained values, they can see clearly what's happening. They've had to step up for their own futures because too few of their elders are willing to accept that rampant consumerism has been an illusory quest for happiness at the expense of the planet's life-support systems.

"We have learned that if we don't start acting for our future, nobody else will make the first move," a *Guardian* article signed by 46 young people, including 16-year-old Swedish student Greta Thunberg, said.

Kids understand that their well-being, safety and lives depend on a healthy planet, with clean air, good water, nutritious food and a stable climate. And many are skilled at distinguishing truth from lies.

But while tens of thousands are marching in streets worldwide — for the #FridaysForFuture youth climate strikes that Thunberg started and more — they don't always see much evidence that adults with the power to make change are listening.

"We're feeling the burden of it, so it makes sense that I would care the most," 15-year-old Lily Gardner of Lexington, Kentucky, told the *Guardian*. "But I think it's really difficult to get politicians and legislators to take our voices seriously, especially because they believe that we do not have any voting power."

What if we gave them that power?

A cheeky movement to lower Canada's voting age from 18 to eight might sound…out there. But I'm not seeing much evidence that adults are any better at making political decisions than young people. So many grown-ups are electing politicians who don't even accept climate science, let alone the need to treat climate disruption as an emergency. Many governments and politicians around the world seem more beholden to the fading fossil fuel industry than the people they're supposed to represent.

"Politicians have known about climate change for decades," Thunberg and her fellow youth wrote. "They have willingly handed over their responsibility for our future to profiteers whose search for quick cash threatens our very existence."

> Kids understand that their well-being, safety and lives depend on a healthy planet … And many are skilled at distinguishing truth from lies.

This is not hyperbole. Every reputable scientist in every climate-related discipline, from oceanography to atmospheric physics, is saying we have little time — not much more than a decade, if that — to turn things around, to keep from pumping so many greenhouse gases into the atmosphere that they can't be re-absorbed or broken down before Earth heats beyond its ability to support human life.

Every legitimate scientific academy and institution in the world agrees. The Intergovernmental Panel on Climate Change has worked with scientists and researchers worldwide to regularly compile and summarize the research and evidence to share with government leaders and policy-makers. There's no shortage of solutions. Many are being deployed and new ones are being developed all the time, but not quickly enough. The only thing holding us back is lack of political will.

Yet many grown-ups are willing to gamble that all these scientists and their research are wrong — even though we'd still end up with cleaner air, water and soil and healthier people if we took their advice and it turned out they all somehow missed something. Those who are putting our youth's future at risk often support politicians who are likewise willing to bet against impossible odds.

Young people may not always make the best or most informed decisions, but given that their futures are at stake, and they understand that change is possible and necessary, I can't imagine they would make worse decisions than their elders.

As adults, we must do all we can to support our youngsters. The #FridaysForFuture youth walkouts expanded to a Global Climate Strike on September 20, kick-starting a week of activities that culminated in another strike on September 27. We should let the children speak, and listen to them. And we all should take our election responsibilities seriously: ask candidates about their climate plans and vote for those who are committed to a cleaner, safer, brighter tomorrow.

Should we let the kids vote? As the 18to8 vote campaign says, "Let the future decide the future."

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Editor and Writer Ian Hanington. Learn more at davidsuzuki.org.

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climate strike

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Tim Matheson

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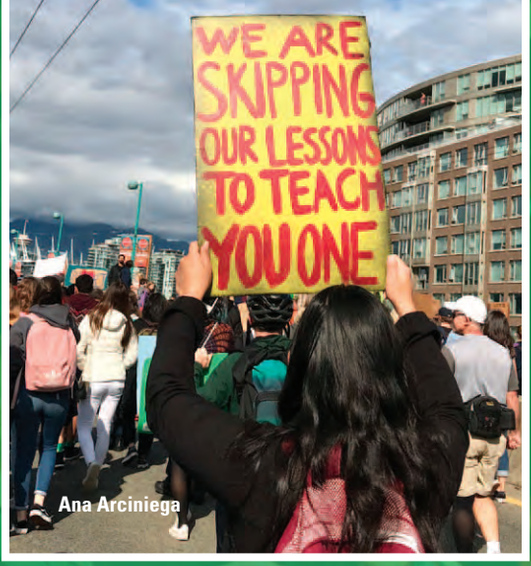

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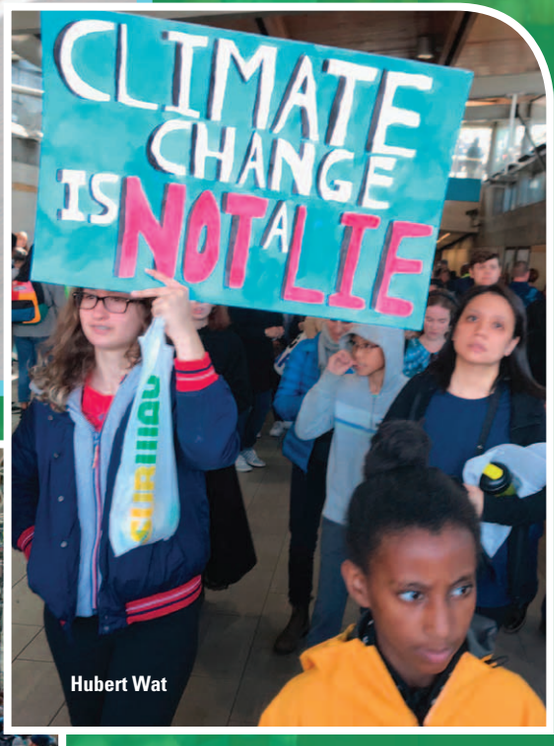

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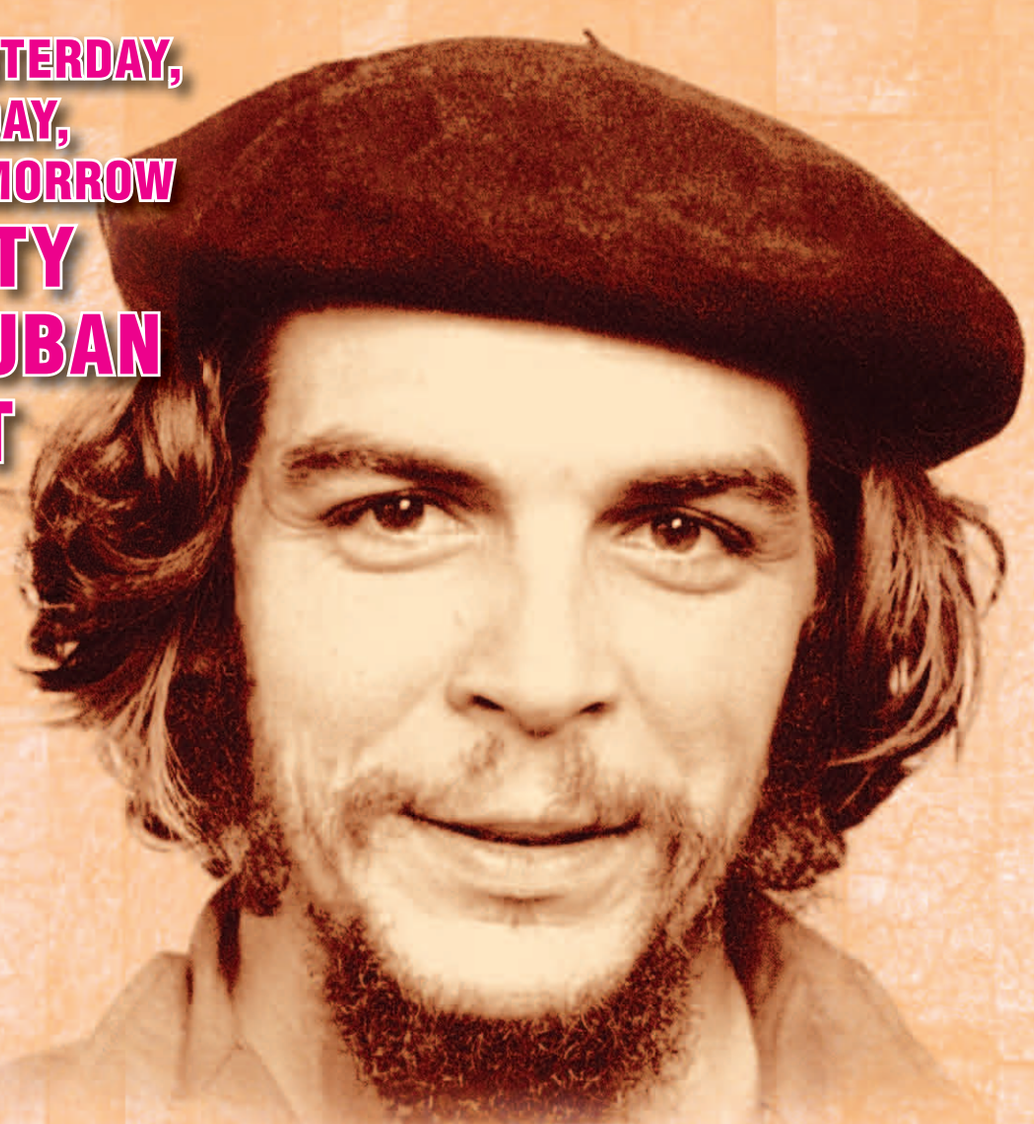
SOCIALISM TODAY,
SOCIALISM TOMORROW

CONTINUITY OF THE CUBAN SOCIALIST PROJECT



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Is it a feeling or an opinion?

"*You should respect each other and refrain from disputes; you should not, like water and oil, repel each other, but should, like milk and water, mingle together.*"
– Buddha

Here is the scenario. A woman tells me her partner is very critical of her. He says she works too much (she loves her work) and is too giving to her children (it brings her joy). I tell her to set a boundary and tell him she does not want him to criticize her any more. She tells me he will say, "Well you told me you want to know my feelings."

This sounds like a catch-22 – and one that leaves many partners in a quandary. However, there is a simple solution. It involves being clear about what is a feeling, and what is an opinion. These are often confused.

A feeling is an emotional state like anger, love, sadness, fear, excitement, sorrow, happiness or hurt to name just a few. Saying "I feel like…" is an opinion or judgement masquerading as an emotion. It is a way of deflecting and controlling the conversation. If you use logic to argue against another's "feeling" that you work too much, dress inappropriately, or don't spend enough time with them, it appears that you are invalidating their feelings. You are stuck!

In the same way that a sporting contest goes better if we play by established rules, the same is true in communication. A statement of a true feeling starts with "I am" or "I am feeling" such as "I am sad, I am angry, I am feeling worried, I am happy, I am feeling unsafe."

We need to be very clear about this. When a statement starts with "feel like," or "I feel that," what comes next is a thought, opinion or judgement disguised as a feeling to give it more weight. Rather than this sort of conscious or unconscious manipulation, we need to argue rationally, and take responsibility for our actions and our words. Think about how the level of discourse could be elevated if people recognized their opinions as thoughts, rather than thinking that their opinions have more validity because they elevate them, erroneously, to the level of feeling.

Once our thoughts and feelings have been clarified, we can look more closely about what is being communicated. It is my belief that criticism has no place in loving relationships. When we criticize or judge another, we are placing ourselves above them. We are in that moment creating a parent/child dynamic. So we must change our approach. We can say things like, "I am not comfortable with how much you are drinking," or "If the drinking continues it may just become an irreconcilable difference and I will have to move on." To a teen we can say, "That behavior is unacceptable in our home. There will be considerable consequences if it continues."

In these examples, it is clear that we are talking about the behavior, and not the person. In our first scenario, one could say, "I would like to spend more time with you, but your work schedule seems to make that very difficult." Then the two can work together to solve the problem – as opposed to arguing whether the other works too much. It might even bring into the open that she does not want the same things as he does, and work is a way of avoiding spending that time.

Either way, the couple is now in adult mode focusing on the problem, rather than in the bickering mode of children.

It seems our world needs more adults in the room. We bring this about by being rational and responsible in how we communicate our feelings to others.

Gwen Randall-Young is an author and psychotherapist in private practice. To read more articles, order books or listen to audio recordings, visit www.gwen.ca, or follow her on Facebook.

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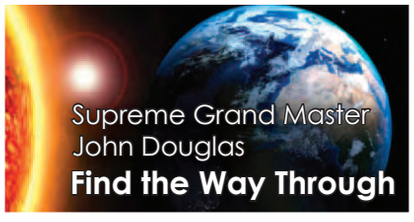

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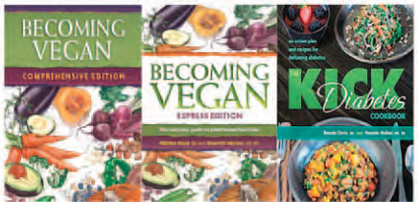
Like every other form of art, literature is no more and nothing less than a matter of life and death. The only question worth asking about a story — or a poem, or a piece of sculpture, or a new concert hall — is, Is it dead or alive?
– Mavis Gallant

NUTRITION



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HEALTH

Aging in great health

Getting older – showing it and feeling it – involves a build-up of toxic metabolites. These include reactive oxygen molecules (free radicals), and advanced glycation end-products (AGEs). AGEs are harmful substances that form when protein or fat combine with sugar in the bloodstream. They are implicated in diabetic complications, atherosclerosis, Alzheimer's disease, and normal aging. We can also age faster if we have excess body fat.

How do we slow the aging process?

One recognized way to slow aging is to moderately restrict caloric intake. This involves eating *slightly* less than your caloric needs, and is not to be confused with anorexia or fasting. In Japan, the practice is known as *hara hachi bun me*. A Japanese proverb states: "eight parts of a full stomach sustain the man; the other two sustain the doctor." Eating slightly less than we need lowers our temperature a little and slows our metabolic rate.

Many plant foods provide protective compounds that can reduce the formation of AGEs. A few examples are garlic, tomato paste, peanuts, green tea, mustard greens, and the isoflavones in soy foods. In fact, vegetables and fruits contain an army of protective phytochemicals.

Certain proteins in our bodies are linked to aging and cancer. These proteins have a seesaw relationship with so-called "longevity proteins" such as AMP Kinase. We now have some insights into how to elevate these longevity proteins: moderate caloric restriction, high exposure to phytochemicals, and exercise, are our best bets. Greens have particular phytochemicals that can slow aging – especially cruciferous vegetables such as kale, cabbage, baby bok choy, watercress, and arugula. Benefits include the lengthening of the telomeres that help protect strands of DNA in our chromosomes.

To prevent age-related conditions like type 2 diabetes, cardiovascular disease, cancer, and dementia, we need nutritional excellence, with all the essential proteins (preferably from plant foods), minerals, and vitamins present. We need a diet rich in protective phytochemicals and antioxidants that can vanquish free radicals. Nutritional excellence is a hundred times more therapeutic than pharmaceuticals. And it tastes better too!

Moderate exercise also has beneficial effects on the cells and organs. With activity, we increase longevity proteins and preserve bone mass. The greater oxygen demand strengthens the heart, lungs, and muscles, making them more efficient. It helps blood flow to the brain. Too much exercise can be negative and stressful; moderate activity is just fine. Avoid exposure to toxins (including glyphosate/Roundup) and alcohol.

Follow your doctor's guidance, of course – but don't simply treat symptoms or be satisfied with drugs as your main intervention with respect to illness. Get healthy instead! The result? Increased longevity, abundant health, and more time to play and enjoy life.

Lemon Tahini Dressing

A tablespoon of oil just adds 120 calories without much nutritional benefit. Instead, try this nutritious **Lemon Tahini Dressing** on salads, steamed greens and broccoli, and baked potatoes! Use 1/2 cup each of tahini (sesame seed butter) and water; plus 1/4 cup each of lemon or lime juice and of tamari or soy sauce; plus 2 cloves of garlic, chopped. Put everything in a blender and process for 30 seconds or until smooth.

Vesanto Melina is a registered dietitian and co-author of award winning books that are classics in plant-based nutrition. Visit nutrispeak.com and at becomingvegan.ca

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Specious monikers & famous fossils

by Geoff Olson

The extinct trilobite, go-to genus for rock 'n' roll fossils

The late British marine biologist Alister Hardy was once asked how many things were named after him. He listed off a boat in Hong Kong, a squid, an octopus, an island in the South Pole, and – speaking in a quiet tone of mock embarrassment – he added: "two worms."

It's been a longstanding scientific tradition to name newly discovered animal species after cultural icons. In 2013, scientists commemorated The Doors singer and "Lizard King" Jim Morrison with the extinct reptile *Barbaturex morrisoni.* That same year, the names of Queen band members were seen fit to grace four species of damselflies, including *Heteragrion freddiemercuryi.*

Celebrities of all sorts have been celebrated zoologically for decades, and some of the monikers are quite lovely. Consider *Rostropia garbo,* a "solitary female" wasp named in 1990 after the famously reclusive actress Greta Garbo. The butterfly genus *Nobokovia* was pupated in 1960 for the Russian novelist and lepidopterist Vladimir Nabokov.

Scaptia beyonceae was conceived by an Australian researcher in 2011 after singer Beyoncé Knowles, reportedly because of the horsefly's solid gold back end. And there's a genus of fern known simply as *Gaga*.

In 2017, two scientists from the Smithsonian Institution's Ant Lab described *Sericomyrmex radioheadi* "as an acknowledgement of [the band Radiohead's] longstanding efforts in environmental activism, especially in raising climate-change awareness, and in honour of their music, which is an excellent companion during long hours at the microscope while conducting taxonomic revisions of ants."

Ants are hardly the smallest creatures to be pegged with celebrity status. A tardigrade is an ancient and extraordinarily resilient micro-animal capable of surviving extreme temperature, pressure, radiation, dehydration, and starvation. A perfect fit for Keith Richards, you might think. But no, in 2006 two scientists chose the age-defying/denying pop star Madonna for the tardigrade distinction.

At least Keef joins Queen in being acknowledged with a trilobite. And who can't see the resemblance of the hardiest species of Rolling Stone to an ancient, segmented marine artwhropod, apart from the seeming unlikelihood of his extinction? (For his part, Mick Jagger has no fewer than three creatures named after him, including a snail and an extinct ungulate related to the hippopotamus.)

The naming of animal species must follow the guidelines established by The International Commission on Zoological Nomenclature (ICZN). Founded in 1895, the ICZN mandate is all about "achieving stability and sense in the scientific naming of animals." Without guidance from this august organization, it's unlikely we would have had the professional and proper dispensation of *Lemmysuchus obtusidens*, which means "Lemmy's blunt-toothed crocodile," after Motorhead frontman Lemmy Kilmister.

"Zoological names would lose their utility if they were changed frequently and arbitrarily. It would create confusion if we call an object spoon today and apple next week," the ICZN notes helpfully on their website. Certainly *Pinkfloydia*, a genus of spider, is unlikely to ever be confused with *Simonandgarfunkula*, a nonexistent fruitbat I just made up.

Perhaps even as I write this, some marine biologist is preparing to slap a Spice Girl's surname on some sand flea. However, it's not all about science offering Latinate high-fives to pop stars. There's now a bee that name-checks media critic Noam Chomsky, a crustacean that codes for whistleblower Edward Snowden, and a louse and butterfly that render the cartoonist Gary Larson. A spider, a fish, two beetles and a stonefly sit in for Late Show host Stephen Colbert.

However, there's one public figure zoologists can't get enough of: Barack Obama. There are no fewer than 12 animal species named after the former president, including a snail, a spider, a beetle, a fish, and a blood fluke (though the last sounds worryingly like a reference to the alt-right trope disputing Obama's US birth).

BBC nature series host Richard Attenborough sensibly ties Obama with 12 creatures of his own. But neither comes close to Walter Rothschild, the obscenely wealthy 19th century British banker, politician and zoologist. The baron has 153 insects, 58 birds, 18 mammals, three fish, three spiders, two reptiles, one millipede and one worm carrying his name. (Well played, Walt. Your fan base kicked in long before the Sixth Great Extinction did.)

If celebrities begin to outnumber Earth's species, there's always the promise of archaeological digs. Every time a previously unrecorded critter is dug up, it's a chance for some star's name to light up the fossil record like Times Square. In 1997 Johnny Rotten, the late Sid Vicious, and three other members of The Sex Pistols had their names attached to five species of trilobite, which appear to be the go-to genus for rock 'n' roll fossils.

Sci-fi author Michael Crichton sensibly inspired *Crichtonsaurus* in 2002. Paleontologist Dong Zhiming from the Chinese Academy of Sciences then went on a polysyllabic bender with the dinosaur *Tianchisaurus nedegoapeferima,* which incorporates names of cast members from the 1993 film, Jurassic Park.

Now then, can you think of one garishly coloured and cartoonishly coiffed public figure who might have a flamboyant equivalent in the natural world? Canadian scientist Vazrick Nazari discovered a moth with yellowish-white head scales, which he duly pegged *Neopalpa donaldtrumpi*. It does indeed look like an insect wearing a tiny Trumpian toupee. Nazari said he chose the name, approved in 2017, "to bring wider public attention to the need to continue protecting fragile habitats in the US that still contain many undescribed species."

Nice one. I believe there's something to be said for shaming or honouring public figures through species-specific monikers, obscure and nerdish as it may be. Perhaps we can have a go at it with our own political leaders.

Is there an Elizabeth mayfly waiting in the wings, perhaps? An Andrew *schistosoma* in the blood? And what about Doug Ford, who resembles some exotic species of puffer fish? Surely there is some undersea monster, in blind ignorance, awaiting attachment of the Ford surname. And what of *Ovis aries,* the Scottish Blackface sheep? Is that a species worth rebranding as *Ovis trudeau,* after our culturally-inappropriating Prime Minstrel?

mwiseguise@yahoo.com

Push for affordable telecom this election

The federal election is just around the corner, and the cost of living has consistently come up as a top election issue in poll after poll. While many factors like housing and childcare have no simple solution, this year's candidates can make one promise that will have a noticeable impact on our wallets: lowering the cost of telecommunications services that Canadians need to access the digital economy.

> With the help of failed government policies, the Big Three have built an oligopoly that keeps cell phone and Internet prices high.

We all know that Canadians pay some of the highest cell phone and home Internet bills in the world. Ultimately, these high prices can be explained by the lack of competition in the telecommunications industry.

For decades, the Big Three have had tight control over our telecommunications services. With the help of failed government policies, they have built an oligopoly that keeps cell phone and Internet prices high, while chronically under-investing in rural communities. This has allowed them to have one of the highest profit margins of any telecommunications industry in the world. But it doesn't have to be this way.

We know that increased competition can help lower prices. For examples of this, we don't even have to look at far-away places like Israel. We just need to look at places in Canada where alternatives to the Big Three exist.

A case in point: Saskatchewan has the lowest wireless prices in Canada. That's not because the province has worse service (it doesn't) or higher population density (it doesn't). It's because there is a fourth big player in the market: Sasktel. The presence of a fourth competitor has forced the Big Three to lower prices and increase investment to be able to compete with Sasktel. This is similar to what Videotron did in Quebec, or what Freedom Mobile accomplished in urban centres.

More competition led to lower prices.

We've seen the same trend in the home Internet market, where chronic underinvestment has excluded rural communities from the digital economy. The exceptions are those communities that have built their own networks to compete with the Big Three, like Prince Rupert and Kaslo in BC. These are small communities that grew tired of waiting on the Big Three to bring high speed Internet to their communities, so instead built their own networks.

They now have higher levels of connectivity and faster Internet speed than most rural Canadians – I would know, I am a happy customer of CityWest in Prince Rupert.

So, what does all this have to do with the election?

Canada's telecommunications systems are undergoing a major overhaul through the Broadcasting and Telecommunications Legislative Review and the CRTC's new policy direction that emphasizes competition, affordability, consumer interests and innovation.

This means that the next government will be key in determining Canada's digital future as the Broadband and Telecommunications Legislative Review concludes and the CRTC's new policy direction is implemented in upcoming decisions.

Our MP candidates need to hear from us so they know that Internet access and affordability is a top priority for everyone. That's why we need to contact candidates in our ridings and tell them about our experiences dealing with our country's broken telecom market.

To ensure everyone in Canada has access to affordable, reliable and fast wireless and home Internet, we need more competition, more government investment in rural community broadband, and affordable plans for low income earners and seniors.

Rodrigo Samayoa is a digital campaigner at OpenMedia.

A turning point

by Elizabeth May

There comes a time when it becomes evident that society is at a turning point. The climate strikes in Canada – part of a massive global demonstration – could be that moment.

A year ago, Swedish teen activist Greta Thunberg had the courage to strike and demand emergency climate action. Greta, one girl alone with a sign, sparked a global movement. And on September 27, millions joined her across the world in one of the largest demonstrations in history.

Seeing so many people organize to tell the truth, demand action and protect our planet, you can feel something has changed.

The stakes are incredibly high. We can't wait any longer for governments to take action to preserve global security and human survival. If we fail to heed the call of our youth today, we are doomed. It is imperative that we make the right choices now. There is no time to lose.

I joined Greta and the students in Montreal to strengthen their voice in demanding better. I stand with her and all of the other young people fighting for their future. Once again, I am drawing inspiration from young people who are showing leadership when our political leaders have let us down. But as Greta points out, the time for talk is over. Greta and the students are not marching for good thoughts and admiration. They are marching because they must, for their survival.

I refuse to be yet another person looking to the kids for hope, when it is us – mentors and educators, leaders and activists, mothers and workers, who must provide hope for the younger generations.

So this is my message to Greta and all the other young people I met and marched with:

This is the last election when voters can choose. Without transformative action now, the window on holding to 1.5 degrees C will close before 2023. We have to grab the wheel and change course, and start the process of avoiding catastrophic impacts.

I'm out knocking on doors, meeting voters and proposing solutions to the climate crisis. But at this pivotal time, we have to be bigger and louder than ever before. We must accelerate our efforts to eliminate greenhouse pollution. Last week, I asked candidates and volunteers to share our message of hope on doorsteps, on social media, and at strikes across the country.

To those who joined our children in the streets today, thank you.

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Events

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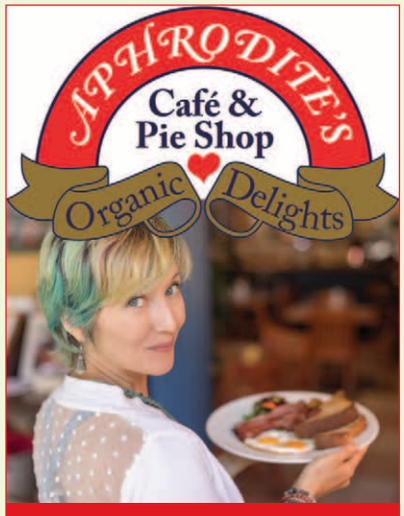
SEP 20 - OCT 18
Dream Yoga & Astral Travel: 5 Fridays, begins Sept 20, 7-9pm, Mt. Pleasant, Vancouver @ BC Gnostic Centre. Info/registration: www.gnosisbc.com 778-200-7471. Donation-based. Drop-ins welcome.

SEP 21 - NOV 9
Gnostic Psychology of the Chakras: 7 Saturdays, begins Sept 21, 10-noon (no meeting Oct 26th), Mt. Pleasant, Vancouver @ BC Gnostic Centre. Info/registration gnosis@gnosisbc.com 778-200-7471. Donation-based. Drop-ins welcome.

OCT 1 - DEC 3
SongRise Improv Choir: Tuesdays, 7:30-9:00pm Kits. Sing uplifting grooves, body-shakin' rhythms, heavenly harmonies. Series or single sessions. Info and Fall Vocal Workshops: www.songrise.ca

OCT 8
Plant-based Nutrition for Optimal Health: Vesanto Melina. 6:30-8pm. Choices Market 2627 W. 16th. Ave. Register at www.choicesmarkets.com/events

OCT 10
Plant-based Nutrition for Optimal Health: Vesanto Melina. 6:30-8pm. Choices Market 3248 King George Blvd, S. Surrey. Register at www.choicesmarkets.com/events



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OCT 12
A Celebration Day for Girls. Life changing and relationship enriching program that supports the transition to womanhood. For girls 10-12 and their mother or female carer. In North Vancouver. Info/Registration: bit.ly/CelebrationDayforGirlsVancouver www.celebrationdayforgirls.com Host: Rachel Pilgrim (Aust.) rachel@celebrationdayforgirls.com

OCT 12
Suraj Yengde, activist, postdoctoral fellow, Harvard School of Government: Conversation to unpack the castiest culture in our community. To break the oppression & discrimination. 12pm Kwantlen Polytechnic Univ., Room Fir 128, 12666 72nd. Ave., Surrey. Info: dalitsandjatts@gmail.com

OCT 16 – 17
Free Open Houses for the 6 weekend Shamanic Power Initiation Program. Oct 17 Vancouver; Oct 16 Calgary. All at 7pm. Everyone welcome! RSVP info@shamanicmedicine.ca www.shamanicmedicine.ca

OCT 18
Lucinda Herring: Reimagining Death. 6:30-8:30pm. FREE TALK at Banyan Books 3608 W. 4th Ave., Vancouver. www.banyan.com 604-737-8858

OCT 19
Reversing & Also Preventing Cancer: Tom & Maggie Brinton. 7pm. $2 donation to Vancouver Cohousing. Bring a vegan snack to share at this Snackluck. To sign up: www.meetup.com/MeatlessMeetup/events/

OCT 19
Mind, Body. Reset: Full day transformational event. 1 groundbreaking new documentary "On a Scale of 1 to10"; 6 keynote speakers and expert panel discussions. Vancouver Rowing Club 9:30am-6:00pm. Tickets on Eventbrite.ca www.mindbodyresetprogram.com

OCT 20
Doña María Apaza: Q'ero Wisdom Teachings. 11:30am-1pm. FREE TALK at Banyan Books 3608 W. 4th Ave., Vancouver. www.banyan.com 604-737-8858.

OCT 26 - 27
The Health Shows: Canada Place, Vancouver. Sat.10am-6pm. Sun.10am-5pm. $10. Bring Healthy Food Donation for the Food Bank – admission at half price. www.healthshows.com; #VanHS19; @thehealthshows

OCT 26 – 27
Che Guevara Conference: Vancouver Communities in Solidarity with Cuba. Speakers from Cuba, Venezuela, Canada, the US & Europe. Russian Hall, 600 Campbell Ave., Vancouver. www.cheguevaraconference.ca

OCT 27
An Evening with Caroline Myss: 7:00pm. Details: www.banyan.com 604-737-8858

NOV 2
Dream Salon: Dream Designs. Kay Meek Theatre. 2-5pm. Learn to understand & apply your dreams. Details & tickets: www.dreamdesigns.ca/pages/dream-salon-38

NOV 11
Let Peace Be Their Memorial: A Wreath Laying Ceremony for overlooked victims of conflict. Seaforth Peace Park (Burrard @ 1st. Ave). 2:30-4:00pm. Details: www.peacepoppies.ca

NOV 16
Free Open House – Institute of Holistic Nutrition (Vancouver). Course/Career opportunities, exhibits, talks, door prizes and more. 9am-5pm. 604 W. Broadway, Suite 300. 604-558-4000

NOV 30 – DEC 1
Become a Certified Life Coach or Executive Coach: Hampton Inn & Suites, Vancouver. This 2-day intensive will teach you everything you need to know to succeed. Only Certified Coaches Federation graduates earn the esteemed Certified Life Coach Practitioner designations. Register at 866-455-2155 or 403-389-1190 www.certifiedcoachesfederation.com

THURSDAYS
Women's Sufi Circle: A Contemporary Study of Ancient Wisdom. A time to connect with your heart, revive your spiritual being, discover hope and understand the purpose of your life. Thursdays 7-8:30pm. False Creek, Vancouver. RSVP nadia@pureintentions.net

SATURDAYS
Free Musical Jam: 8pm-midnight. British Ex Servicemen's Association, 1143 Kingsway. Kelly 778-883-9641

SUNDAYS
Contemplative Music & Candlelight Service: St. Andrew's Wesley United Church. 7-8pm. Currently held at St. Paul's Anglican Church, 1130 Jervis St., Vancouver. www.standrewswesley.com

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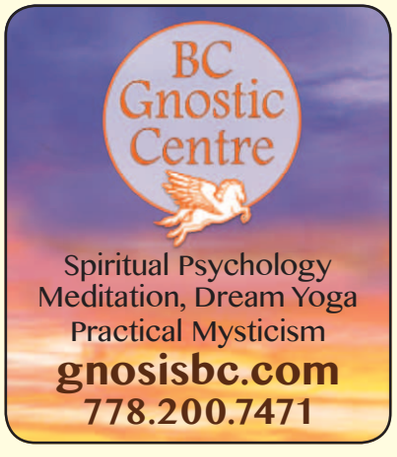

...***Barb*** *from pg. 5*

sity. We visited each other a couple of times. On one trip I met her parents and got the third degree. Her mother warned her she shouldn't get tied to the first boy that kissed her but rather "play the field" in case a better one came along. Her mother was a hard bargainer. After Barb accepted my marriage proposal her mother suggested we just live together common law so if it didn't work out we wouldn't need to go through a messy divorce. Barb was not convinced by her mother and a year later we were married in her parents' home. Her father did make the comment to me that I should think twice about this as he claimed that "the women in this family are tough and very demanding." I replied that I would take my chances and give it a try.

Before we got married, Barb visited me in Kitimat where I was working as a contract researcher for the Smelter Workers Union while serving on the negotiating committee. I suggested to Barb that she take the plant tour in the air-conditioned bus while I was busy in negotiations. She did so, but asked so many questions about the pollution in the plant and why were the trees all dead on the mountainside outside the plant. The guide told her that she would have to speak to the manager to get answers to those questions. After the tour she headed directly to the Office building, demanding to see the manager. The response to her questioning was "why did she want to know?" She replied that she was a shareholder and wanted to know what they were doing with her money. The manager learned she held only a few shares, which her father bought for her because I was working there and it might be a good investment. The manager thought that was a ridiculous amount and refused to take her seriously. However we later learned from company officials that they were afraid that she was the famous female shareholder activist that bought a few shares in bad companies and raised hell at their annual shareholder meetings. Apparently that woman caused heads to roll when the president or CEO was embarrassed at such a public event. The fact that Barb was connected to me of the negotiating committee raised the alarm and a major effort was put into investigating my background. I learned that the company police had gone coast to coast checking my resume for errors or omissions for clues to finding my true background and motives.

It reached a crisis point among management when I responded to the application by the company to pollute which was published as a notice by the province in the Globe and Mail. I wrote on the union letterhead that I intended to object to it. The company responded by withdrawing the application to pollute, and instead installed equipment to remove the dangerous pollutants from the exhaust fumes which were killing the trees on the mountainside. It became a clean plant in which to work and breathe. However, the company remained very suspicious of Barb, and her connection to me waiting for the boom to be lowered. Life heated up again when the union reopened the contract to adjust wages upward as specified in the contract to allow for matching of wage rates with the forest industry. When the grassroots workforce became impatient and started work-to-rule action, the company sued all union executives for millions of dollars in damages, things became bitter. As treasurer of the union, I moved a motion at the membership meeting to shut the plant down. The company then requested that negotiations reopen and a new contract was agreed on within hours. Since it met our demands, the workers voted to accept it. This was Barb's exposure to serious labour battles and the high stakes involved.. We then moved south to Vancouver with myself offered a position as a Noise Inspector with the WCB and Barb as a secretary in the History Dept at UBC. Her knowledge of French being a key factor in her being hired and was relied on by the deptartment to communicate with French-speaking clients as well as editing papers of professors using French quotes. She enjoyed it. However, she was talked into serving on the Negotiating Committee for the union. Her experience was similar to what I went through – though not as much on the brinkmanship. When spring came, we made the decision to move to Nova Scotia and open up a bed and breakfast in the historic town of Annapolis Royal. It was a major change in our lives as we bought a huge old mansion, restored it with all new utilities and bathrooms in all seven guest rooms. It became quite successful and well known. At the same time, we became very active in environmental struggles, leading the campaign against uranium exploration and mining. We did win that battle, convincing the provincial goverment that it was in danger of losing the next provincial election if it did not give into our demands of banning such activity. When the rank and file of the governing Conservative Party came out against the uranium exploration and mining, the cabinet announced its banning of such activity at the height of the election. We had gained allies among the many environmental organizations across Nova Scotia including Elizabeth May's powerful Cape Breton Land Owners against the Spray. We also had the local farmers and fisherman working with us on this issue. It was a truly good example of the power of grassroots people to affect change in government policy. Barb was also a leader in keeping the passenger train running through the Annapolis Valley. Her presentation to the Federal Transport Commission was heavily quoted in its report and decision. They loved her use of Broadway Musical songs to illustrate her points.

After eight years of running the Bread and Roses B&B, we sold it and moved to Halifax. Barb became a Library Technician at the Provincial Archives while I became a Scuba Diving Instructor and underwater filmmaker. Then the wonderful contract came up from the UU Historical Society wanting to microfilm all the Unitarian Universalist congregational records across Canada to preserve them while they still existed. This turned out to be a two-year project, ending in BC, where they settled in permanently and joined the Vancouver Unitarian Church, getting involved in Social Justice projects and many demonstrations. Barb became very active in the Raging Grannies and the Women's International League For Peace and Freedom. We took part in most of the giant Peace Marches against the war in Iraq.

Barb was also very active with me in establishing the Socially Responsible Investment movement in Canada. We wrote the investment policy for the Canadian Unitarian Council which was adopted at its AGM with much discussion. At the AGM of 2015, the CUC awarded Barb and I the Knight Award jointly for "Outstanding Achievement in furthering Unitarian Universalist Principles in Canada". She has greatly enriched the lives of many.

Sadly, Barb's life ended prematurely when the stomach pains she was suffering from this past spring and summer turned out to be caused by pancreatic cancer. She died in her sleep early in the morning of September 5th., 2019.

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We are grateful for your generous support. Thank you for sharing your voices:

Thank you for being a beacon and companion all these years. Mac will be dearly missed. May his intentions bear fruit, and to you all "Live Well & Prosper Pilgrims." Sincerely,
– John S.W., Vancouver, BC

I enjoy reading your articles, in particular David Suzuki's. Thank you very much. Yours truly,
– David R. I., Sooke, BC

Thank you for the memoriam on Arne Hansen whom we meet a number of times during the fight to save the Carmanah in 1987 to 1992. We were very involved over here on Salt Spring Island, fundraising etc. and the Carmanah Book he edited is still a thing of beauty, as is the forest! We have enjoyed Common Ground for many years – genuine, well written and pertinent articles that main stream media has no interest in printing. Thank you for you dedication!! Enclosed please find a donation. Best,
– Rick & Juliette L., Salt Spring Island, BC

Our thanks to: Elena C., West Vancouver, Yoka & Tristan, Victoria, Edith F., Vancouver, Reet R. V., East Van, Barb & John T., Vancouver

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Publisher & founder (est.1982)